

Niraparib

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for ovarian cancer, fallopian tube cancer, or primary peritoneal cancer. However, it may also be used for other diagnoses.
- Your care team will perform a test for a certain type of abnormal BRCA gene or a positive laboratory tumor test for genomic instability called homologous recombination deficiency (HRD) to make sure niraparib is right for you.

Goal of Treatment: _____

- Treatment may continue for a certain time period, until it no longer works, or until side effects are no longer controlled.

Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
Niraparib (nih-RA-puh-rib) Zejula (zuh-JOO-luh)	Slows down or stops the growth of cancer cells by blocking a specific protein that helps them survive.	Tablet taken by mouth.

Treatment Administration and Schedule: _____

Your niraparib dose:

- Niraparib comes in 3 tablet strengths: 100 mg, 200 mg, and 300 mg.
- Your dose is often based on your weight and platelet count.
- Take niraparib 1 time each day, at the same time each day.
- Niraparib may be taken with or without food.
- Niraparib tablets should be swallowed whole. Do not chew, crush, or split the tablets before swallowing.
- Taking niraparib at bedtime may help relieve any nausea symptoms you may have.
- If you miss a dose of niraparib, take your next dose at your scheduled time. Do not take an extra dose to make up for a missed dose.
- If you vomit after taking a dose of niraparib, do not take an extra dose. Take your next dose at your scheduled time.
- If you take too much niraparib, call your care team or go to the nearest hospital emergency room right away.

Storage and Handling of Niraparib

- Store niraparib at room temperature between 68°F to 77°F (20°C to 25°C) in a dry location away from light.
- Keep niraparib and all medicines out of the reach of children and pets
- Ask your care team how to safely throw away any unused niraparib.

Appointments: Appointments may include regular check-ups with your care team, lab visits, and imaging tests. It's important to keep your appointments whenever you can. If you miss any appointments, call your care provider as soon as possible to reschedule your appointment.

Supportive Care to Prevent and Treat Side Effects

Description	Supportive Care Taken at Home
To help prevent or treat nausea	
Other	

Common Side Effects

Side Effect	Important Information
Low White Blood Cell (WBC) Count and Increased Risk of Infection	<p>Description: WBCs help protect the body against infections. If you have a low WBC count, you may be at a higher risk of infection.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Wash your hands and bathe regularly. Avoid crowded places. Stay away from people who are sick. Your care team may prescribe a drug that promotes the growth of WBCs. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Fever of 100.4 °F (38°C) or higher Chills Cough Sore throat Painful urination Tiredness that is worse than normal Skin infections (red, swollen, or painful areas)
Low Platelet Count	<p>Description: Platelets help the blood clot and heal wounds. If you have low platelet counts, you are at a higher risk of bruising and bleeding.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Blow your nose gently and avoid picking it. Brush your teeth gently with a soft toothbrush and maintain good oral hygiene. Use an electric razor for shaving and a nail file instead of nail clippers. Avoid over-the-counter medications that may increase the risk of bleeding, such as NSAIDs. Talk with your care team or dentist before medical or dental procedures, as you may need to pause your treatment. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Nosebleed lasting over 5 minutes despite pressure Cut that continues to bleed Significant gum bleeding when flossing or brushing Severe headaches Blood in your urine or stool Blood in your spit after a cough
Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb)	<p>Description: RBCs and Hgb help bring oxygen to your body's tissues and take away carbon dioxide. If you have low RBC counts or Hgb, you may feel weak, tired, or look pale.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Get 7 to 8 hours of sleep each night. Avoid operating heavy machinery when tired. Balance work and rest, staying active but resting when needed. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Shortness of breath Dizziness Fast or abnormal heartbeats Severe headache

Fatigue	<p>Description: Fatigue is a constant and sometimes strong feeling of tiredness.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Routine exercise has been shown to decrease levels of fatigue. Work with your care team to find the right type of exercise for you. Ask your family and friends for help with daily tasks and emotional support. Try healthy ways to feel better, like meditation, writing in a journal, doing yoga, and using guided imagery to lower anxiety and feel good. Make a regular sleep schedule and limit naps during the day so you can sleep better at night, aiming for 7 to 8 hours of sleep. Don't use heavy machines or do things that need your full attention if you're very tired to avoid accidents. 	<p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Tiredness that affects your daily life Tiredness all the time, and it doesn't get better with rest Dizziness and weakness, along with being tired
Nausea and Vomiting	<p>Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. This may or may not cause vomiting.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Eat smaller, more frequent meals. Avoid fatty, fried, spicy, or highly sweet foods. Eat bland foods at room temperature and drink clear liquids. If you vomit, start with small amounts of water, broth, or other clear liquids when you are ready to eat again. If that stays down, then try soft foods (such as gelatin, plain cornstarch pudding, yogurt, strained soup, or strained cooked cereal). Slowly work up to eating solid food. Your care team may prescribe medicine for these symptoms. 	<p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Vomiting for more than 24 hours Vomiting that's nonstop Signs of dehydration (like feeling very thirsty, having a dry mouth, feeling dizzy, or having dark urine) Blood or coffee-ground-like appearance in your vomit Bad stomach pain that doesn't go away after vomiting
Constipation	<p>Description: Constipation means having a hard time passing stools or not going to the bathroom often. Your stools might feel hard and dry, which can make you uncomfortable or hurt.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Keep track of how many times you move your bowels every day. Drink 8 to 10 glasses of water or other fluids each day, unless your care team tells you otherwise. Exercise regularly. Eat high-fiber foods like raw fruits and vegetables. Your care team may recommend medicine (such as polyethylene glycol 3350 or senna) for constipation. 	<p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Constipation that lasts 3 or more days Constipation after 48 hours, even after using a laxative

Liver Problems	<p>Description: Treatment can harm your liver. This may cause nausea, stomach pain, and bleeding or bruising. It can also turn your skin and eyes yellow and make your urine dark. Lab tests may be performed to monitor liver function.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Yellowing of your skin or the whites of your eyes Severe nausea or vomiting Pain on the right side of your stomach area (abdomen) Dark urine (tea colored) Bleeding or bruising more easily than normal
Headache	<p>Description: A headache can cause you to feel pain or discomfort in your head, making it hard to concentrate or feel your best.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Keep a headache diary to track the frequency, duration, intensity, and triggers of your headaches. Stay hydrated by drinking plenty of water, as dehydration can contribute to headaches. Apply a cold or warm compress to your forehead or neck to help ease headache pain. Get adequate sleep (7-8 hours per night) and establish a regular sleep schedule. Limit caffeine intake. Your care team may recommend medicine for headaches. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Severe headache More frequent headaches Dizziness or light-headedness Confusion Vision changes
Muscle or Joint Pain	<p>Description: Muscle pain feels like soreness, aches, cramps, or stiffness in one or more muscles. It may also include tenderness or weakness. Joint pain happens where two bones come together and can feel sharp, dull, throbbing, or burning. It often causes stiffness, swelling, and difficulty moving.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Track your pain levels, areas of discomfort, and any activities that worsen or improve your symptoms. Engage in gentle exercises like walking, stretching, or yoga to maintain mobility and strength, but consult your care team before starting any new exercise routine. Apply a warm compress to relax stiff muscles or use cold packs to reduce swelling and numb pain in affected areas. Your care team may prescribe or recommend medications, including over-the-counter pain relievers. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Uncontrolled muscle or joint pain Swelling, redness, or warmth in the joints Weakness Difficulty walking or moving

Kidney Problems	<p>Treatment can cause kidney problems, including damage to the kidneys and decreased kidney function. Your care team will monitor your kidney function during treatment.</p> <p>Recommendations</p> <ul style="list-style-type: none"> Drink 8 to 10 glasses of water or other fluids each day, unless your care team tells you otherwise. Your care team may give you fluids and electrolytes with your treatment. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Decrease in your amount of urine Blood in your urine Swelling of your ankles Loss of appetite
-----------------	--

Select Rare Side Effects

Side Effects	Talk to Your Care Team if You Have Any of These Signs or Symptoms
High Blood Pressure	High blood pressure usually doesn't have symptoms but can become serious. Your care team will regularly check your blood pressure and heart rate. Talk to your care team if your blood pressure is high.
Brain Swelling	<ul style="list-style-type: none"> Headache Vision changes Confusion Seizure
Bone marrow problems called Myelodysplastic Syndrome (MDS) or Acute Myeloid Leukemia (AML)	<p>Symptoms of low blood cell counts are common during treatment with niraparib, but can be a sign of serious bone marrow problems, including MDS or AML. Symptoms may include:</p> <ul style="list-style-type: none"> Weakness Weight loss Fever Frequent infections Blood in urine or stool Shortness of breath Feeling very tired Bruising or bleeding more easily

**Before starting treatment, ask your care team when to call 9-1-1 or seek emergency help.
If you experience any new, worsening, or uncontrolled side effects, contact your care team immediately.**

Intimacy, Pregnancy, and Breastfeeding

- Treatment may **change how you feel about intimacy and your body**. However, physical closeness—such as holding hands and hugging—remains safe. It is common to have questions about intimacy. If needed, talk to your care team for guidance.
- Treatment may **harm an unborn baby**.
 - If you are able to become pregnant, take a pregnancy test before starting treatment.
 - Use an effective method of birth control during treatment and for 6 months after your last dose.
 - If you think you might be pregnant or if you become pregnant, tell your care team right away.
 - If your partner(s) could become pregnant, use an effective method of birth control—such as condoms—during treatment.
- Do NOT breastfeed** during treatment and for 1 month after your last dose.

Additional Information

- **Tell your care team about all the medicines you take.**

This includes prescriptions, over-the-counter drugs, vitamins, and herbal products. Before starting any new medicine, supplement, or vaccine, ask your care team first.

- **This Patient Education Sheet may not describe all possible side effects.**

Call your healthcare provider for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Notes

Updated Date: January 7, 2026

Scan the QR code below to access this education sheet.



Important notice: The Association of Cancer Care Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), Network for Collaborative Oncology Development & Advancement, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient education guide. This guide represents a brief summary of the medication derived from information provided by the drug manufacturer and other resources.

This guide does not cover all existing information related to the possible uses, directions, doses, precautions, warnings, interactions, adverse effects, or risks associated with this medication and should not substitute for the advice of a qualified healthcare professional. Provision of this guide is for informational purposes only and does not constitute or imply endorsement, recommendation, or favoring of this medication by ACCC, HOPA, NCODA, or ONS, who assume no liability for and cannot ensure the accuracy of the information presented. All decisions related to taking this medication should be made with the guidance and under the direction of a qualified healthcare professional.

Permission: Patient Education Sheets are provided as a free educational resource for patients with cancer and their caregivers in need of concise, easy to understand information about cancer therapy. Healthcare providers are permitted to copy and distribute the sheets to patients as well as direct patients to the Patient Education Sheets website. However, commercial reproduction or reuse, as well as rebranding or reposting of any type, are strictly prohibited without permission of the copyright holders. Permission requests, including direct linking from Electronic Health Records, and licensing inquiries should be emailed to patienteducationsheets@ncoda.org.

Copyright © 2026 by Network for Collaborative Oncology Development & Advancement, Inc. All rights reserved.

PES-233